[**The Perfect Music for Brain-Based Learning**](http://www.jensenlearning.com/news/the-perfect-music-for-brain-based-learning/brain-based-learning)

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**How You Can Choose the Perfect Music Every Time**

Here is how to decide what music to play in your classroom to help with brain-based learning. While you could use an endless number of criteria, these  are a good start. I recommend using an iPod with a Bose Sound Dock player. You get the best of all worlds.

**1) State.** What emotional state are you trying to elicit? Pay attention to what happens to your own body and mind as you listen to a song. Pay attention to the beats per minute (BPM). Songs in the 35- 50 BPM range will be more calming, while those in the middle 55-70 BPM will be more moderate for seatwork. For activities, the pace might be 70-100 and for energizers, maybe 100-160 BPM will REALLY rev it up.

The state is also the feelings you want to have within your students. When students complete an assignment, project or even a simple task, I want upbeat celebration music. When we are doing a class stretching or reflective writing, I want slower, uncluttered, calming music. When we are about to start out on a big task, I want inspirational, upbeat, even marching music. In short, use music as a second teacher in the classroom to support the mood.

**2) Age of Listener.** What generation am I working with? Stay within your generation! The way to decide is ask this simple question: If they’re adults, what music did they listen to in high school and college? If they’re age 14 or less, what are the current soundtracks to movies that are hot?

**3) Type of Music.** Do I use music with words or instrumentals only? In general, use words only if it’s for transitions, games that require them or special occasions. Most of the time, instrumentals are better. If you use only one kind of music you’re missing out on some great alternatives.